

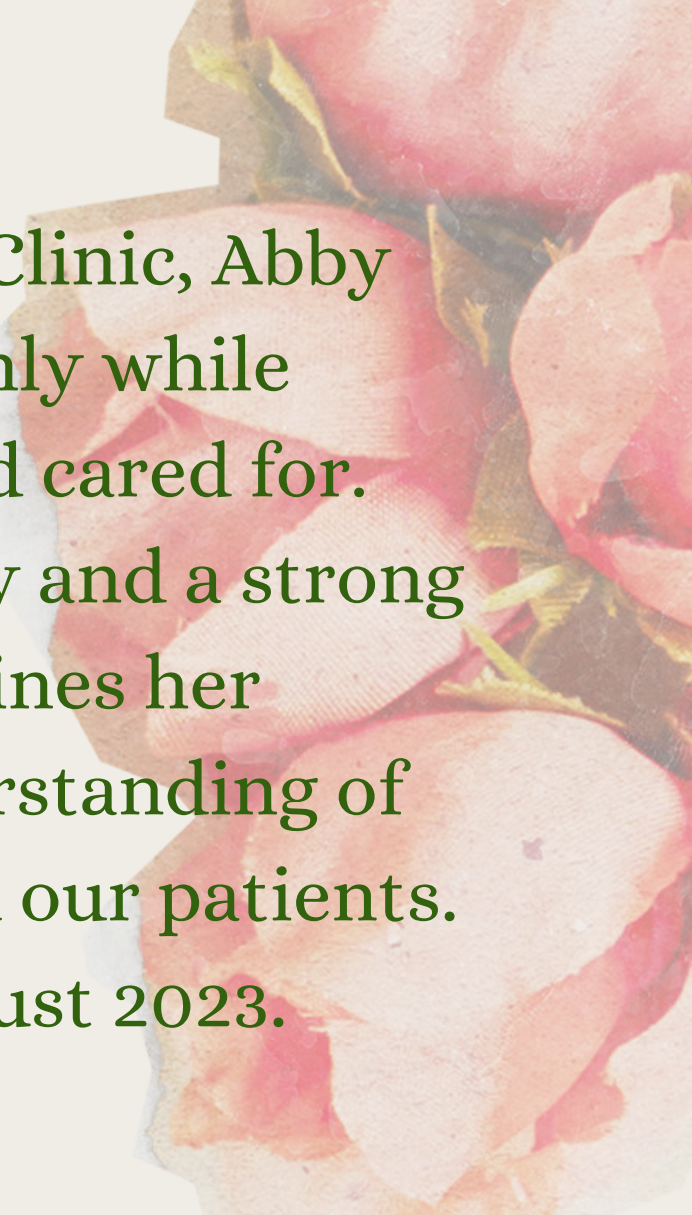
Staff Spotlight



Abby Thornburg

Office Manager at The Teggatz Clinic


to running
ng yourself
is right fo
t go and go
is falling
hibition



As the Office Manager at The Teggatz Clinic, Abby helps keep everything running smoothly while making sure patients feel welcome and cared for. With a background in massage therapy and a strong passion for women's health, she combines her organizational skills with a deep understanding of wellness to support both the team and our patients. Abby joined The Teggatz Clinic in August 2023.



Abby is new to the Functional Medicine world but she has witnessed firsthand how treating the body as a whole can greatly improve the body and the mind. Dedicated to providing exceptional support, Abby is committed to making each patient's journey with us as seamless and reassuring as possible. She takes pride in fostering meaningful connections with patients, helping them feel heard, valued, and empowered.



Outside the office, Abby enjoys spending quality time with her husband and their five-year-old son. She loves exploring the outdoors through hiking, making her way back to the mountains of Colorado as often as she can, diving into a good book, baking sourdough bread, and unwinding with a great movie.



Some of Abby's favorite things!



Abby is quite attached to her sourdough starter, “Waylon”, even though he is quite temperamental.

She is an avid reader- especially of anything fiction or fantasy. Her and her family are very big Lord of the Rings fans!



She is a big believer in the importance of taking care of one's mental health- especially maternal mental health- and is always happy to share what has worked for her throughout her life. Self care is so important!

Resource Abby Loves



We are all doing hard things every single day – things like loving and losing; caring for children and parents; forging and ending friendships; battling addiction, illness, and loneliness; struggling in our jobs, our marriages, and our divorces; setting boundaries; and fighting for equality, purpose, freedom, joy, and peace. On the We Can Do Hard Things podcast, Glennon Doyle, her wife Abby Wambach, and her sister Amanda Doyle do the only thing they've found that has ever made life easier: Drop the fake and talk honestly about the hard things.





happy New year

2025

Exciting new things are
coming to The Teggatz Clinic!

Save
The
Date

Menopause community event will be hosted on Tuesday, March 4th! You won't want to miss this!



Beginning February 1st, our clinic hours will be as follows:

Monday- 8am-3:30pm

Tuesday- 8am- 12pm

12pm-3:30pm (Appointment Only)

Wednesday 8am-3:30pm

Thursday- 8am-12pm

12pm-3:30pm (Appointment Only)

Friday- 8am-12pm